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Bangalore Mirror

TEMP Max 25 | Min 19 | Humidity 75% Partly Cloudy Sensex 71,355 | Nifty 21,513 | Gold 61,969 | Silver 72,200 | Dollar 83.13 | Euro 91.08 | GBP 105.70

Concrete slabs have caved in and gone missing in a few stretches of footpath along Whitefield Main Road

THE BEATEN PATH

Concrete slabs removed a few months ago

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The condition of some stretches of footpaths along the Whitefield Road is appalling — a miserable marker of urban infrastructure nevertheless.

Pedestrians have to think twice to walk on the footpath which is now posing more danger than the heavy traffic on the road.

Concrete slabs are missing along a few stretches of the sidewalk. One can find footpaths caved in at a few stretches along the main road.

The major roads department of the Bruhat Bengaluru Mahanagara Palike (BBMP) did develop the footpath — it spent crores of rupees for asphalting and development of the sidewalks on either side of the road. However, it appears the BBMP made no effort to inspect the quality of the footpaths thereafter.

Narasimha Murthy, a resident of Sanjay Nagar, near Marathahalli, BM spoke to, expressed concern over the delay in fixing the footpath problem opposite Sudarshan Silks. He said the concrete slabs were removed a few months ago but the BBMP authorities did not cover the open drain with concrete slabs.

"This is the place where some vehicles, coming from Marathahalli and other areas, take a right turn.

CONTINUED ON PAGE 8 »

"Sub-standard quality of work, failure of BBMP engineers to inspect works in progress reasons for pitiable condition of footpaths

— Somasekhar N, pedestrian

Are you harvesting rainwater?

Rs 21.24 cr collected as penalties for non-compliance with rainwater harvesting regulations

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It's ironic that many residents prefer spending the money rather than investing in rainwater harvesting facilities at their homes. A staggering Rs 21.24 crore was collected as penalties for non-compliance with rainwater harvesting (RWH) regulations until November-end last year.

Under the BWSSB Act, properties exceeding 2,400 sq ft and buildings surpassing 1,200 sq ft must adopt RWH. In the BWSSB limits, approximately 2 million houses exist, with 10.39 lakh buildings opting for Cauvery water connection. However, since 2009, only 1,91,383 houses have implemented RWH.

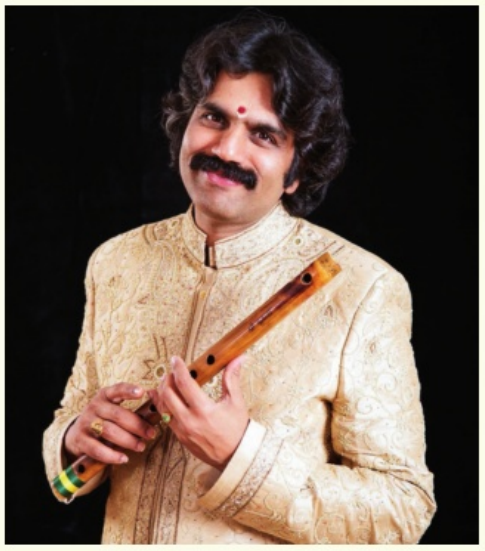
"Bengaluru grapples with a water crisis, heavily relying on Cauvery water pumped from over 100 km away. Experts argue for promoting rainwater harvesting to alleviate the water crisis. Bengaluru receives 700 to 850 mm of rainfall annually. Implementing RWH could save up to 15 TMC feet of water, equivalent to 70% of the city's water needs", said a senior BWSSB official adding that 51,356 homes are yet to implement RWH, including several government offices.

"Looking at last year's penalties,

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Musical aura

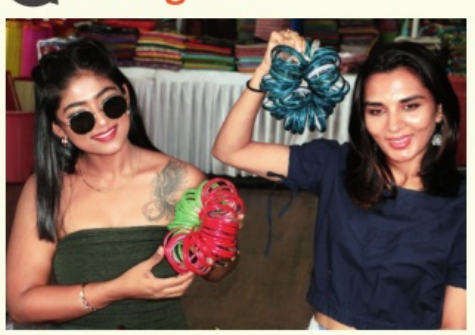


Get ready to celebrate harmony through the arts as the AIM presents Bengaluru International Arts Festival, Sankranthi Sambhrama. The event features various artists such as Dr Suma Subhindra, VK Raman, BC Manjunath, Kartik Mani, Ned McGowan, Lydie Thonnard, Gilles Carlier, and Laurent Peckels..
Where: Karnataka Chitrakala Parishath
When: Sunday, January 14; 6 pm

02 Dance steps

This festive season, don't miss the chance to attend Kathak Sankranti Sambhram, which is going to be a mesmerising culmination of choreographic brilliance by Hari and Chethana. This celebration intricately weaves together the elements of nritta, nritya, and abhinaya, showcasing the pure dance essence and expressive storytelling within the Kathak repertoire.
Where: Media Auditorium, Koramangala
When: January 15; 6:30 pm

03 Deco goods



The Bengaluru Arts and Crafts Festival is all set for shopping during the Indian festival of Sankranthi. This festival is unique as it brings various products under one roof. You can get your hands on colour powders, jewellery, hosieries, decorative items, and more.
Where: White House Convention Centre, HSR Layout
When: until January 14

Sudden rain

Various locations in Bengaluru received light showers on Monday; a woman using a handkerchief to keep her head dry

PIC: KAUSHIK JN

Let's read in silence

This quiet reading community, known for bringing people from various walks of life together for reading books in Cubbon Park, celebrates its first anniversary

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Cubbon Reads, a reading community that has garnered much attention in the city, is now a year old.

Shruti Sah and Harsh Snehanshu, a marketing professional and an entrepreneur, nearly a year ago began cycling to Cubbon Park once a week to read books under the shade of tall trees. Soon after they posted about the ritual on their personal social media accounts, friends began to become part of their activity. In a span of one month, five to six members started to head to Cubbon Park for a silent reading every week. The duo then opened an Instagram account titled Cubbon Reads, which now has more than 48,000 followers.

The essence of the reading community remains in its silence. Readers find that the silence makes the community more inclusive, with each reading their own material, may it be books, newspapers, magazines, or out of a kindle. For readers who prefer not to socialise but want to be part of a reading community, Cubbon Reads has come as a relief. The only form of interaction that may arise is after the session is over, when the readers gather to stack up their books and click a few pictures. One is not obligated to stay throughout the entire session, either.

Readers find that silence makes the community more inclusive

> **"Such a reading community or any other activity being collectively done by a group od people can be fostered if the parks remain open during most hours**
> –Usha Rani, a resident

After the number of people grew significantly, many people reached out to the founding duo, requesting that they start more such gatherings in different areas within the city as well as other cities. This is when Sah and Snehanshu began to help those interested begin their own chapters.

"Exactly a year ago, on the first Saturday of 2023, two of us cycled to Cubbon, carrying two books and a mat with them. One year and chapters in 70+ cities later, 500+ readers joined the New Year edition of @cubbonreads today! Thank you for making our community a worldwide movement," said the X handle of Cubbon Reads. From students to senior citizens, people from all walks of life with a love for reading gather every Saturday at Cubbon Park.

Why should parks remain open?

A few citizens spoke to Bangalore Mirror to highlight the need for Bruhat Bengaluru Mahanagara Palike (BBMP) parks to remain open during all hours of the day for such communities within different localities to flourish to their full glory. The issue of park timings has remained consistent even after instances of local residents closing park premises from 10 am to 5 pm came to light and the municipal body issued a notice in this regard, mandating the parks department to keep the gates open between 5 am and 8 pm, with a closure period from 11 am to 1:30 pm for maintenance.

Usha Rani, a housewife living in front of the APJ Abdul Kalam Children's Park in BCC Layout, said, "The gates of the park remain closed until the evening. Stay-at-home mothers often have free time during the afternoons, when their children are at school and their husbands are at work. Such a reading community or any other activity being collectively done by a group of people can be fostered if the parks remain open during most hours. It would provide a definite space for their gathering to take place without hindrance."

She added that those who wish to do volunteer work, such as teaching community kids how to read and write with proficiency, but lack the space to do so can also carry out such work on the premises of parks if they remain open with certainty.

Gentle reminder at eateries: Eat & scoot

As waiting period rises, many restaurants put out display boards reminding customers to not linger on after dining

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While restaurants bore the brunt of the covid pandemic, they are now experiencing a surge in footfall. This has presented a new challenge as customers tend to linger on for 'more than required time'. Now, many restaurants are strategically placing boards to remind patrons to vacate their seats promptly after finishing their food/beverage.

Post-covid, the restaurant scene has slipped back to usual with customers spending prolonged periods at establishments, particularly with friends and family. This extended duration is contributing to increased waiting times, prompting some dissatisfied customers to opt not to dine, thereby causing losses. To address this, certain establishments are explicitly communicating to customers that tables are designated for dining purposes and not for extended discussions.

Karnataka Pradesh Hotels and Restaurants Association (KPHRA) president B Chandrashekar Hebbar said, "We have seen examples where people drink just 'by-two' (half) coffee and spend an hour after, leaving no space for other customers who are waiting for a long time. Many eateries face this issue. Let me remind the customers that it is only at the restaurant where you will get such space to sit and talk. This is part of our service. We are asking our hotel establishments to put up such boards everywhere. These boards are a gentle reminder for customers not to waste too much time after eating."

> **"We have seen examples where people drink just 'by-two' (half) coffee and spend an hour after, leaving no space for other customers who are waiting for a long time**

Previously, city restaurants had also reduced the provision of napkins. The Bruhat Bengaluru Hotels Association had earlier issued a communication to all hotel proprietors urging them to minimise napkin wastage as hotels in the city collectively consume 10 tonnes of napkins daily, leading to the depletion of numerous trees.

Cost rises

Hoteliers are still reeling under an increase in input costs. Anand K, a hotelier, stated, "We demand the prices of fuel to be reduced as crude prices are decreasing globally. The high fuel prices result in increasing vegetable and grocery prices, impacting the quality and food menu in the hotels. Hotels rely on cheaper vegetable ingredients to keep rates under control and maintain minimum profitability. The hotel industry was one of the worst impacted industries during Covid waves. It took a longer time than expected for the restoration of normalcy. We are operating with less profits. There is no intention of rising food prices due to rising vegetables and other ingredients' costs. Nobody is interested in investing in hotel businesses these days. Bengaluru has the lowest prices compared to other cities in terms of food items."

Another hotelier added that due to the increase in prices, their profit margin comes down. "We intend to increase the rates, but not immediately. If the ingredients' prices continue skyrocketing, there is no other way but to raise the price. We can't control the prices," he said.

Tragedy on star's birthday

Three youths were electrocuted in Gadag on Sunday night after a huge flex of actor Yash, which they were installing to wish his birthday, came into contact with the electric wire, said police.

The incident took place at the Surangi village in Lakshmeshwar taluk of the district.

The deceased persons have been identified as Hanamanta Harijan (21), Murali Nadavinamani (20), Naveen Ghazi (19).

Three more were seriously injured and the injured have been admitted to Lakshmeshwar Hospital for treatment. Actor Yash is celebrating his birthday on Monday.

Yash reached Karnataka on Monday and directly left for Sornagi village in Gadag district to meet the families of deceased fans.

He had arrived from Goa in a special chartered flight after hearing the news about the tragedy. **Agencies**

Case against Darshan, friends

Kannada actor Darshan, along with fellow celebrities like Dolly Dhananjay, Mandya MP Sumalatha's son Abhishek Ambareesh, Sathish Ninasam, Chikanna, Producer Rockline Venkatesh, Director Tarun Sudhir, and Music Director Hari Krishna, find themselves embroiled in a controversy.

They are accused of staying on after permissible hours at Jetlag Bar and Grill pub in Rajajinagar while celebrating the success of Darshan's recent film.

An FIR has been filed against the pub owner and manager for breaching regulations, leading to police notices for the individuals involved.

The celebration took place on January 3, acknowledging the triumph of Kaatera, at box office. Despite police instructions to close the pub at 12.30 am, it is alleged that the establishment continued serving liquor and playing loud music until 3.30 am. **BMB**

Influencer under fire: Get reel, don't go lose it

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While the thrill to capture city moments for reels is real, it's crucial to remember that disrupting the public could lead to legal consequences, potentially resulting in imprisonment.

In a recent incident, a 27-year-old social media influencer, known for causing disturbances on Metro trains intermittently, faced legal consequences and was fined last Saturday. Following the incident, both his mother and he visited the Upparpet police station to extend apologies for his behaviour.

Kumar, known for creating disturbance in Metro trains by shouting out loud and capturing passengers' reactions on Instagram, faced consequences when one of his videos reached BMRCL officials. In the footage, he can be seen loudly talking to his mother on a Metro journey, eliciting expressions of disgust and shock from fellow commuters. In response, BMRCL directed its security team to monitor Kumar's social media activities.

Recently, he shared photos on his two-wheeler, revealing its registration number, which helped track down his address. Subsequently, a complaint was lodged against him at the Upparpet police station on Friday.

But this isn't the first time when influencers have landed up in trouble with the police in the city.

A few months back, a man was fined for eating gobhi manchurian in the metro, while another influencer was rapped for showing how one can enter the metro without tickets.

Last year, the Bengaluru police issued a fine to a commuter caught eating inside the train after a video of the incident gained widespread attention. Sunil Kumar, an employee at a well-known jewellery store in Jayanagar, was captured on video enjoying gobi manchurian on the Metro by his friends. Following the viral video, the police took action by filing a non-cognizable report against Kumar and his companions.

In another case, Fidias Panayiotou, a popular influencer recognized for his comedy and pranks videos, faced criticism due to a video shared on social media. In the video, posted on platform X, Panayiotou garnered attention for circumventing the Bengaluru Metro ticket system, traveling without payment.

The video titled "How To Sneak Into The Indian Metro" captures Panayiotou approaching commuters, questioning their belief in his ability to enter the metro station without a ticket. Despite their doubts, he proceeded to jump over barriers and access the platform without a ticket.

Not only the BMRCL, but Bengaluru traffic police also use social media to identify influencers who would be involved in wheeling and stunts.

The traffic police in the past has said that the officers keep checking social media, like Facebook and Instagram to note down the vehicle registration number of influencers who would break traffic rules and post it on their account.

Chop and shred organic waste!

Civic body unveils plan to install choppers, shredders for efficient handling of green waste and enhance solid waste management across city

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The Bruhat Bengaluru Mahanagara Palike (BBMP) plans to install 135 choppers and shredder units to tackle the challenge of managing branches, twigs, and trimmed trees. These units will be strategically placed near parks and vacant areas. The civic body frequently encounters difficulties in handling trimmed branches and twigs from various parastatal agencies, leading to disposal in landfills. BBMP has devised a solution to shred all trimmed branches and twigs, incorporating them into wet waste.

Within the BBMP limits, there are a lot of roadside vegetation and trees which are trimmed by Bangalore Electricity Supply Company Limited (BESCOM) officials, due to high winds and monsoon. The green waste generated often lies on the roads and gets swept into mixed waste. Now the shredded waste can be mixed with wet waste or can be utilised as fuel.

Bengaluru Solid Waste Management Limited (BSWML) under the BBMP has floated an expression of interest for a 0.25 TPH (tonnes per hour) capacity wood chipper that is capable of chipping tree trunks, tree branches, twigs and garden waste up to 3-inch diameter. BWSML is planning 27 such wood chippers in different locations. Estimated 1-2 quantities of choppers are expected to come up near parks and vacant areas.

The shredding units will be strategically placed near parks and other vacant areas

Additionally, there is a proposal for 27 units of 1.25 TPH capacity for shredding organic wet waste, 27 units of 1.5 TPH capacity for shredding coconut shells, coconut trees, twigs, and banana stems, 27 units of 1.25 TPH capacity for shredding dry waste such as heavy thickness cardboard waste, 27 units of 1.25 TPH capacity to shred plastic waste.

"We are planning more shredders and choppers to address the issue of roadside fallen tree-based organic waste. These units will come up near parks and vacant areas and we are planning at least 1-2 units near each location. We have called an EOI to get an estimate of the rates. There will also be choppers to shred wet waste into slurry. This process decreased the time taken to become manure from 21 days to 7 days. The cardboard will be shredded to be added to wet waste or converted into a powder utilised in restaurants. Different kinds of plastic will be shredded to reduce the volume and be processed," said a senior official.

Additionally, BSWML is planning the supply, construction, installation, commissioning, and maintenance for 60 months of 36 DWCCs at different locations

Additionally, BSWML is planning the supply, construction, installation, commissioning, and maintenance for 60 months of 36 Dry Waste Collection Centres (DWCC) at different locations. A tender has been issued for 20 DWCCs under Package 1, Shubra Bengaluru, with a budget of Rs 2026 lakhs, and 16 DWCCs in Govindrajanaagr, Chikpete, BTM Layout, and Padmanabhanagara in the Bengaluru South constituency under Package 2, 15th Finance grants, costing Rs 1622 lakhs. BBMP is already operating 164 DWCCs in the city.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Unfixed roads
Jayanagar

Despite complaints, the 1 km stretch of road with three sports road cuttings in the areas of 38th Cross, 4th T Block, and 5th Block remains unfixed.

Termite threat
Basavanagudi

There is a termite-infested tree on Ratnavilas Road but no action has been taken despite complaints to the BBMP.

KARNATAKA POWER TRANSMISSION CORPORATION LIMITED
(CIN:U40109KA1999SGC025521)

NOTIFICATION

- Applications are invited for the post of **"Technical Consultant" (Civil)** from eligible candidates.
- The appointment is purely on contractual basis for a period of 2 years, extendable by one year after review of previous performance.
- **Eligibility Criteria:**

1. The applicant should have Educational Qualification of above B.E (Civil).
2. The applicant should have experience as Chief Engineer/ Tech Advisor for more than fifteen years and should have handled major and prestigious projects for Government of India or Govt. of Karnataka.
3. Applicant should be fluent in local language i.e., Kannada and also English.
4. Candidates should have held at least 1 patent in their Name, preferably relating to Electrical works.
5. Any awards/recognitions will be of added advantage.
6. Remuneration shall be as per Company Norms.

- Applicant is requested to enclose brief C.V. attaching personal details, professional details, experience etc.
- Hard copies of application can be submitted to: Office of the Managing Director, Karnataka Power Transmission Corporation Limited, Kaveri Bhavana, Bengaluru-560009.
- Applicants can send scanned copy of documents referred to above to following e-mail: **md@kptcl.com**
- The last date for submission of application is **18.01.2024 until 5.00 pm,** IST. For more details or queries, applicants can write e-mail to **md@kptcl.com** with subject line.

Sd/- Director (Admin & HR)
KPTCL, Kaveri Bhavana, Benglauru-560 009.

Powering up: Frictionless electric evolution for the city

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In a significant move towards embracing advanced technology, Bangalore Electricity Supply Company (BESCOM) started a project in 2022 to replace a staggering 24,60,510 electromechanical metres with electrostatic metres.

The decision, outlined in Distribution Work Agreements (DWAs), targets 1,713,947 single-phase and 76,935 three-phase electromechanical metres, spanning across the east, west, north, and south circles. BESCOM has so far completed the replacement of 16,08,132 electromechanical metres with digital metres.

According to a senior BESCOM official, the advantages of the electrostatic metres are compelling. "Operating with an accuracy class of 1.0, both single-phase and three-phase metres exhibit remarkable capabilities, measuring accurately at low loads and voltages. Their resilience to physical damage and ability to withstand extreme power supply variations without compromising accuracy make them a robust choice for the modernisation initiative," the official said.

Unlike their electromechanical counterparts, electrostatic meters boast frictionless operation as they lack moving parts. This design not only ensures durability but also contributes to energy efficiency by minimising frictional losses. The metres can operate seamlessly within a temperature range of 4°C to 55°C, showcasing adaptability to varied environmental conditions.

BESCOM to swap 24,60,510 metres for electrostatic technology

One of the notable features is their compliance with Device Language Message Specification (DLMS) standards, enabling enhancements and interoperability. These metres record crucial parameters such as maximum demand, instantaneous power, voltage, current, tamper events, and other electrical metrics. The incorporation of Time of Day (TOD) features adds another layer of functionality, allowing for detailed energy consumption analysis.

BESCOM's technological leap to enhance energy efficiency in power infrastructure through electromechanical metre replacement

As of December 27, 2023, BESCOM has successfully replaced 16,08,132 electromechanical meters with digital counterparts, marking substantial progress.

"To address the remaining 6,69,628 electromechanical metres in Bangalore Rural Area Zones (BRAZ), the proposal secured approval from the 124th Board in its resolution dated September 14, 2023. With the tender amount exceeding 50 crore, the State Pre-tender Scrutiny Committee (SPTSC) was consulted, and compliance was diligently addressed in response to their advisories and recommendations on December 15, 2023. In alignment with the Management's approval, the Notice Inviting Tender (NIT) was officially issued on December 21, 2023", said the BESCOM official.

Upon receiving digital metres from BESCOM, consumers can access power consumption data from the past two years through their respective sub-divisions. The installation of these digital meters comes at no expense to the consumers.

Countdown begins for 51 adaptive signals

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Bengalureans will likely see more adaptive signals soon, as they have been promised, but 50 more could be a reality within three months. Karnataka Road Development Corporation Limited (KRDCL) has floated a tender for supply, installation, commissioning, and maintenance of automated traffic signals at 51 new junctions in Bengaluru city under the Bengaluru City Road Safety and Traffic Management Project to the Bengaluru City Traffic Police at a cost of Rs 7,90,09,740.

Adaptive signals have been planned in 50 locations. Out of the 50 locations, 13 have been planned in the Traffic East division, 14 in the West Traffic Division, 11 in the North Traffic Division, and 13 in the South Traffic Division.

Apart from the automation feature, the adaptive signals are capable of assigning the signal time based on the volume of traffic flow. The signal can be controlled through the central traffic control centre as an individual junction or as part of a group of traffic junctions along a corridor or a region. The system would allow for the junction to be easily configured to be part of any corridor or group definition and could be changed easily through the central command controller.

The controller shall be capable of communicating with the ATCS system server through Ethernet on a managed leased line network or any other appropriate stable communication network. The controller should be enabled to optimise the traffic light timing using crowdsource data, apart from the vehicle detector camera.

KRDCL has floated a tender for installation, and maintenance of automated traffic signals at 51 new junctions

The system would also allow for manual control of the traffic signals using a remote device. The traffic signal system would also be able to provide priority to the designated emergency vehicles with GPS devices installed in them. The system would be especially helpful for creating green corridors for the passage of ambulances.

As per the tender, signals have been proposed at junctions, including, New Light Junction, New Horizon College back side, A Krishnappa Junction, Channasandra Junction, Seegehalli Junction, Kodathi Junction, Siddappa Reddy Junction, War Memorial Junction, Chandrika Junction, Kalyan Nagar Junction, Hennur Junction, Nice Road Junction, and more.

In 2022, Bengaluru Traffic Police proposed the installation of adaptive signals at 50 locations.

Preserve this lake before it disappears

It is alleged that a few builders are encouraging drivers to dump C&D waste at the lake

Bund of Yale Mallappa Shetty Lake has become dumping site for construction and demolition waste; activists highlight encroachment of over 21 acres of lake land

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Yale Mallappa Shetty Lake, which is vulnerable to all types of encroachments, has become a destination for the dumping of construction and demolition (C&D) material by irresponsible building contractors, truck drivers, and tractor drivers. The entire stretch on the southern side of the lake is filled with C&D material.

Residents of Seegehalli and environmentalists complain against the apathy of the minor irrigation department engineers to protect and preserve the lake from being encroached upon by people with political clout. It is also alleged that a few builders who developed the layouts in the vicinity of the lake are encouraging the contractors and truck drivers to dump C&D material on the lake bund.

"I have been complaining to a minor irrigation engineer about the encroachment of the lake land and the dumping of debris along the lake bund, but the engineer did nothing. The authorities have yet to clear encroachment on the lake land. Earlier, Yale Mallappa Shetty's (philanthropist after whom the lake was named) family members used to offer pooja to the water body. Disgusted with the condition of the lake, they have now stopped offering pooja to the lake," said Balaji Raghotham, a lake activist.

As per the records, the lake spreads over 508 acres and 16 guntas, but more than 21 acres of the lake land is encroached upon by the government and private people. It is said a portion of the lake land between Old Madras Road and the Jackwell is encroached upon by the land mafia. "We cannot afford to raise our voice against the encroachment of the lake land. A few politicians have joined hands with the encroachers. It is not safe for us to question them," said Harischandra Prasad, a resident.

When it comes to disposal of C&D material, the Bruhat Bengaluru Mahanagara Palike (BBMP) has identified two places at Kannur and Chikkajala for dumping the C&D material. However, most of the truck and tractor drivers dump the C&D material at vacant sites, roadside, and lake bunds, as it saves time and fuel.

> **"I have been complaining to a minor irrigation engineer about the encroachment of the lake, but the engineer did nothing** –Balaji Raghotham

"The road along the lake bund connecting to private layouts is illegal. Those who own or developed those layouts engage an earth mover to level the debris, thus increasing the width of the road and reducing the lake land," said a resident on the condition of anonymity.

Meanwhile, Minor Irrigation engineer Rajanna said fencing around the lake is in progress. "Clearing debris is not our job. I will advise the BBMP engineer to clear debris and keep a vigil on those dumping debris," said the engineer.

IN BRIEF

Group of men halts car at night

In another incident of road rage on Sarjapur Road, a group of men halted a car, compelling the driver to exit the vehicle during the night. The event, which took place on a Sunday night, gained widespread attention on social media through dashboard footage.

Charan Pal Singh, CEO of Talentrackr Technologies, posted the video on platform X, urging Bengaluru City Police to take action. Singh highlighted the incident as an instance of extortion and harassment, expressing concerns about safety in the city.

The group compelled the car driver to exit the vehicle on Sunday night on Sarjapur Road

In the video, the driver, confronted by the group, drove over a scooter used to block the vehicle. Following the incident, the driver proceeded to the police station. The video also captured a passenger mentioning how aggressiveness escalated upon the men noticing women in the car, prompting discussions about the rising frequency of such incidents on poorly lit Sarjapur Road. **BMB**

BMTC bus runs over man

A 22-year-old engineering graduate named Tejas, originally from Tumakuru, lost his life in a tragic incident on Uttarahalli Road. The fatality occurred when a Bangalore Metropolitan Transport Corporation (BMTC) bus reportedly ran over him.

Tejas, who resided in a PG in Kengeri, was en route to a computer class when the accident transpired. The Kengeri Traffic Police Station has initiated legal proceedings against the bus driver, and Tejas's family has been notified after his body was transferred to the hospital. **BMB**

A spectacle of hope: Asha Kirana

Free check-ups, cataract surgeries, and spectacles to bring clarity and transform lives of thousands in 4 districts of Karnataka

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To bring clarity and brightness to citizens' lives, the Asha Kirana Movement has initiated a transformative programme for eye health in four districts of Karnataka. The Department of Health and Family Welfare spearheads this comprehensive initiative, offering free eye check-ups, cataract surgeries, and distributing spectacles to improve visual acuity. A total of 29,308 individuals have been identified for cataract surgeries.

The primary objective of this movement is to conduct thorough eye examinations for all residents within the selected four districts of Chikkaballapur, Haveri, Chamrajnagar and Kalaburagi.

A Health Department official said, "One of the key components of the Asha Kirana Movement is the distribution of free spectacles, ensuring that individuals with refractive errors can now access corrective lenses without financial burden. Moreover, the movement aims to offer free treatment for cataract surgeries and other eye diseases, addressing critical issues that often lead to visual impairment."

Vision victory

Chikkaballapur: (cataract surgery patients)	5,453
Chamrajnagar:	4,868
Haveri:	6,432
Kalaburagi:	12,555
Total:	29,308

Kalaburagi, Haveri, Chamrajnagar, and Chikkaballapur, in that order, had the most people who needed glasses

Until December, a total of 1,73,052 people, including both adults and children, required glasses. In Kalaburagi district, the highest number of people needing glasses was 57,459, with 48,312 adults and 9,147 children. Following closely, Haveri reported 55,652 individuals requiring glasses, predominantly adults at 52,474 and 3,178 children. In Chikkaballapur, 29,173 individuals needed glasses, consisting of 23,276 adults and 5,897 children. Chamrajnagar recorded 30,768 individuals requiring glasses, including 28,273 adults and 2,195 children.

The aim is to reduce the rate of blindness caused by various factors to an impressive 0.25%, marking a significant stride towards visual well-being

"To create widespread awareness about the significance of good vision and the importance of eye care, the movement employs a multifaceted approach. Door-to-door visits play a pivotal role in disseminating information, reaching individuals at the grass roots level and instilling a sense of responsibility towards maintaining eye health." said the senior Health Department official.

A total of 29,308 patients were identified for cataract surgeries. The over arching aim is to reduce the rate of blindness caused by various factors to an impressive 0.25 per cent, marking a significant stride towards visual well-being. By integrating door-to-door awareness campaigns, it seeks to address not only existing eye health issues but also prevent future complications.

IN BRIEF

High Court bans mining around KRS Dam

Expressing concern over the mining blasts affecting the Krishna Raja Sagara (KRS) Dam in Srirangapatna, Mandya, the High Court (HC) of Karnataka on Monday imposed a ban on mining and blasting activities within a 20 km radius of the structure.

The ban will be in force till the Central Institute of Mining and Fuel Research, Dhanbad, conducts a dam safety survey. However, the HC has not fixed any deadline for the study to be undertaken under the Dam Safety Act, 2022.

The HC had earlier made the State Committee on Dam Safety (SCDS) a party to the petition.

The division bench of Chief Justice Prasanna B Varale and Justice Krishna S Dixit were hearing a petition filed by one CG Kumar who had challenged the deputy commissioner's order that conversion of land for stone quarrying would be granted only after a trial blast was conducted by the Cauvery Neeravari Nigama Limited. Kumar had challenged this condition as being illegal.

The petition was however converted to a public interest litigation (PIL) by the HC considering the seriousness of the issue and the concerns over damage to the KRS Dam posed by mining activities surrounding it.

The HC remarked that 3 states were fighting over the waters of the Cauvery River but no one was concerned about the safety of the KRS dam. Any untoward incident would have unimaginable consequences for the entire state, the HC said, imposing the ban. **— PTI**

BM Trippin' Tales

Karnataka has its own share of breath-taking beaches

Amidst the growing trend to boycott the Maldives and promote the Lakshadweep islands, experts suggest shifting attention to promoting Karnataka as India's 'beach hub'. The state boasts a treasure trove of undiscovered, stunning beaches, poised to become premier tourist destinations through strategic promotion and substantial improvements in infrastructure and amenities. With an expansive 309.25 km coastline along the Arabian Sea, Karnataka presents a plethora of unexplored beaches.

"We have many wonderful beaches that are clean and offer breathtaking views. Maravanthe Beach, for example, features a road sandwiched between the beach and a river. Bengre Beach, located on a tiny strip of land in the Arabian Sea, and Karwar Beach near the confluence of the Kali River and Arabian Sea, which mesmerised Nobel laureate Rabindranath Tagore,

are among many of the hidden gems. Gokarna, often billed as the next Goa, boasts beaches like Om and others. The western coast also features beautiful islands like St Mary's and Netrani, offering various water adventures such as jet skiing, parasailing, and snorkelling. Despite its abundant natural beauty, Karnataka's beaches are surprisingly overlooked in discussions about beach activities. With the current surge in domestic tourism, now is the right time to promote coastal Karnataka," suggests Manjunath N, a travel enthusiast.

Simultaneously, efforts are being made to promote cleanliness and safety at many beaches in the state. Private supervision has led to a significant reduction in drowning rates, exemplified by Panambur Beach's transformation into a bustling activity hub. Private bodies are maintaining other beaches like Someshwar and Tannirbhavi, with a focus on infrastructure such as toilets, parking facilities, and lifeguards. The SHARE (Safety, Cleanliness, and Local Employment) approach prioritises the holistic development of beaches. An entrepreneur involved in promoting beaches in the state proposes a model where private parties contribute to beach development, potentially serving as a model for the entire country.

An official from the Dakshina Kannada district administration adds, "We are already working on plans, checking finances, infrastructure, and land access. Local involvement is a crucial condition in tenders, and all schemes and projects will complement each other for comprehensive development, especially the required infrastructure for the next couple of years."

Sree Kumar, a travel operator, highlights the travel preferences in Bengaluru, where summer and the Dasara-Deepavali holidays are popular periods. Despite the allure of secluded beaches in the Maldives, the high pricing prompts many to consider Andamans as a secondary plan. Goa, offering significant discounts, remains a popular choice. Kumar stresses the need to promote Karnataka's beaches as an affordable and equally enjoyable alternative.

Furthermore, several beaches in Karnataka have received the prestigious Blue Flag accreditation, symbolising considerations for cleanliness, the environment, and other aspects. **—Sridhar Vivan**

'Send convicts to jail in 2 weeks'

Bilkis case: SC quashes remission, slams Guj govt for complicity

#NEW DELHI

In a massive setback to the Gujarat government, the Supreme Court on Monday quashed the remission it had granted to 11 convicts in the high-profile gang-rape case of Bilkis Bano and the killing of her seven family members, while slamming the state for being "complicit" with an accused and abusing its discretion. It ordered all the convicts, who were released prematurely on Independence Day in 2022, to be sent back to jail within two weeks.

Excoriating the Gujarat government, the apex court said it "usurped" the power of the Maharashtra government to grant remission to the convicts.

It held as nullity the May 13, 2022 judgement of another bench of the apex court, which had directed the Gujarat government to consider the remission applications of the 11 convicts in the case, saying it was obtained by "playing fraud on court".

"This is a classic case where the order of this court dated May 13, 2022, has been used for violating the rule of law while passing orders of remission in favour of respondent nos 3 to 13 (convicts) in the absence of any jurisdiction by the State of Gujarat. Therefore, without going into the manner in which the power of remission has been exercised, we strike down the orders of remission on the ground of usurpation of powers by the State of Gujarat not vested in it. The orders of remission are hence quashed," a bench of Justices BV Nagarathna and Ujjal Bhuyan said.

It asked whether "heinous crimes against women permit remission" irrespective of the faith she may follow or creed she may belong to.

Bilkis Bano was 21 years old and five months pregnant when she was raped while fleeing the horror of the communal riots that broke out after the Godhra train burning incident in February 2002. Her three-year-old daughter was among the seven family members killed.

In its 251-page judgment, the Supreme Court said the Gujarat government had no jurisdiction to entertain the applications for remission of sentences and only the government of the state where the offenders were sentenced was competent to consider an application for remission and pass an order.

Bilkis Bano at her residence, in Mumbai on Monday; Lawyer Vrinda Grover speaks to the media after the Supreme Court canceled the early release of 11 convicts in Bilkis Bano's gang-raped case

"Government of State of Gujarat (respondent No.1 herein) had no jurisdiction to entertain the applications for remission or pass the orders of remission on August 10, 2022 in favour of respondent No.3 to 13 (convicts) herein as it was not the appropriate government within the meaning of sub-section (7) of Section 432 of the CrPC," the bench said.

The Supreme Court said just as an order passed by a court without jurisdiction is a nullity, in the same vein, an order passed or action taken by an authority lacking in jurisdiction is a nullity and is non est (does not exist) in the eye of law.

"On that short ground alone the orders of remission have to be quashed. This aspect of competency of the Government of State of Gujarat to pass the impugned orders of remission goes to the root of the matter and the impugned orders of remission are lacking in competency and hence a nullity. The writ petition filed by the victim would have to succeed on this reasoning," the bench said.

The top court said if the Gujarat government really had in mind the provisions of law and had adhered to the rule of law, it would have filed a review petition against the May 13, 2022 judgement of another bench of the apex court by contending that it was not the appropriate government. While holding as nullity the May 13, 2022 judgement of the apex court, which had directed the Gujarat government to consider the remission applications of the 11 convicts, the Supreme Court said on Monday it was obtained by "playing fraud on court". **-PTI**

Zee, Sony yet to agree on merger conditions as deadline nears

#NEW DELHI

The fate of the USD 10 billion merger between Zee Entertainment Enterprises and Culver Max Entertainment, formerly Sony Pictures Networks India, is hanging by a thread, with the two parties unable to finalise an agreement as the end of the one-month grace period looms.

The two parties are yet to come to an agreement over Zee Entertainment Enterprises Ltd (ZEEL) MD and CEO Punit Goenka leading the merged entity after Sony expressed concerns after market regulator Sebi barred him from holding managerial posts in Zee and any of the entities in a fund-diversion case.

Though the Securities and Exchange Board of India order was stayed by the Securities Appellate Tribunal, Sony is not comfortable with Goenka leading the merged entity due to the stringent corporate governance policy in Japan.

The contentious issue is not just over Goenka leading the merged entity, but the completion of the deal also depends on how the Indian firm is able to meet the other closing conditions, said an industry source. The deal, which was signed between Zee Entertainment and Sony Pictures Networks India in 2021, has a stipulated period of two years in which the merger was to be completed before December 21, 2023, including regulatory and other approvals with a grace period of one month.

By January 21, the one-month grace period for extended negotiations will end. Comments from Sony and ZEEL could not be obtained. **-PTI**

Remarks: Summons to Maldives envoy

#NEW DELHI

After three Maldivian ministers made derogatory remarks against Prime Minister Narendra Modi, the Indian Foreign Ministry on Monday summoned Maldives High Commissioner Ibrahim Shaheeb over the matter.

Shaheeb reached the Foreign Ministry's office at South Block in Delhi on Monday. India has expressed its displeasure on the issue. The three ministers who made objectionable remarks on Modi have been dismissed by the Maldives government. The Indian High Commission in Male had raised this issue with the Maldives government on Sunday.

It may be noted that the controversy started at a time when Maldives President Mohamed Muizzu have left for a week-long visit to China.

After India raised strong objection, the Maldives government has issued a statement giving clarification. According to the Maldives government, the statements given by the ministers in this matter are personal. The government of Maldives says that the government has nothing to do with this matter.

The controversy started when three Deputy Ministers of Maldives criticised Prime Minister Modi on social media platforms after his visit to Lakshadweep. They alleged India is trying to present Lakshadweep as an alternative tourist spot to Maldives. **—IANS**

Weekly rest hours for flight crew upped from 36 to 48 hours

#NEW DELHI

The revised Flight Duty Time Limitations of the Directorate General of Civil Aviation has extended weekly rest periods for flight crew, increasing it from 36 hours to 48 hours for flight crew. These additional leisure hours are expected to ensure sufficient time for recovery from fatigue.

India has made significant changes in the regulations about Flight Duty Time Limitations (FDTL) for flight crew, in line with international best practices.

DGCA said these regulations have been instrumental in managing fatigue-related aviation safety risks for more than a decade now.

To address and mitigate concerns about pilot fatigue through a data-driven approach, DGCA collected and analysed extensive numbers of pilot rosters along with pilot fatigue reports submitted by airline operators.

Based on the study and analysis, some of the key areas inducing fatigue such as maximum Flight Duty Period, Night Duty, Weekly Rest Period, and Flight Duty Period Extension were identified.

The worldwide best practices (FAA - USA and EASA - EU) have also been taken into consideration in amending the regulations while keeping in mind the specific operating environment in India.

In revised guidelines, the definition of night for night duty has been amended which now covers the period of 0000-0600 hours in the revised regulations vis-a-vis the period of 0000-0500 hours under the previous regulations.

"This enhancement of one hour during the early morning will ensure adequate rest and also align the night duty period which encompasses Window of Circadian Low (WOCL) from 0200-0600 hours i.e. the time during which the circadian body clock cycle is at its lowest in terms of alertness."

The revised regulations have taken into consideration different types of operations across time zones.

The maximum flight time and maximum flight duty period for flight operations encroaching night have been restricted to 8 hours flight time and 10 hours flight duty period respectively and the number of landings has been limited to only two landings as compared to the maximum permissible 6 landings under previous regulations during night operations, thus enhancing flight safety. In addition, DGCA has mandated that all airline operators shall submit quarterly fatigue reports after analysis including the Action Taken on such reports. Further, it has been stipulated that the fatigue reports shall follow a non-punitive and confidentiality policy.

The revised FDTL regulations are effective forthwith and the airline operators are required to comply with the revised regulations by June 1, 2024. **ANI**

Why only a few are harvesting rainwater

CONTINUED FROM PAGE 1

people are willing to pay the penalty rather than adopt RWH," added the official.

"January amassed Rs 1.88 crore in fines, February-Rs 1.87 crore, March-Rs 1.79 crore, April-Rs 1.95 crore, May-Rs 1.95 crore, June-Rs 1.96 crore, July-Rs 1.96 crore, August-Rs 1.93 crore, September-Rs 2 crore, October-Rs 1.95 crore, and November-Rs 1.96 crore."

Water experts stressed that groundwater recharge is crucial, and rooftop rainwater harvesting is imperative in all urban areas. Captain Raja Rao, the former chairman of an Expert Committee established by the High Court in 2005-06, submitted a comprehensive report with around 112 recommendations.

These recommendations proposed the construction of recharge structures at roadside drains at all intersections in Bengaluru. Experts expressed concern over the alarming groundwater situation in Bengaluru, where water extraction is four to five times higher than groundwater recharge.

According to scientist AR Shivakumar, the water supply at the tap end (excluding losses) for Bengaluru's 8.5 million population (as per the 2011 census) is 685 million litres per day (MLD). With a total supply of 1350 MLD and unaccounted for water amounting to 665 MLD, the average rooftop area available for rainwater harvesting per property is 110 sq m in Bengaluru.

This creates a potential of 81,752 million litres of water, considering an 80 per cent collection efficiency. Additionally, 492,370 million litres of water can be generated through precipitation over open spaces in Bengaluru. Assuming only 20% of this is used for groundwater recharge through rainwater harvesting initiatives, 98,474 million litres will be available for sustainable withdrawal.

"Rainwater harvesting systems, constructed from inexpensive local materials, can be simple and successful in most habitable locations. While rooftop rainwater may not be potable and might require treatment before consumption, it can be used for various purposes like flushing toilets, washing clothes, watering the garden, and washing cars.

Overflow from rainwater harvesting tank systems can be utilised to refill aquifers through a process known as groundwater recharge, distinct from rainwater harvesting.

Experts suggest that concerted efforts to preserve rainwater could result in each household within the Bruhat Bengaluru Mahanagara Palike limit receiving Cauvery Water, as half of the water demands could be met from harvested rainwater.

Additionally, with the city's vertical growth, reducing dependence on water imported from the outskirts through harvesting is essential,"added the BWSSB official.

Why not a single conviction in manual scavenging cases? HC asks State Govt

The High Court of Karnataka on Monday hauled up the state government and sought to know why it had failed to secure even a single conviction in cases related to manual scavenging in the state.

The HC also took cognisance of the fact that the Scheduled Caste and Scheduled Tribes (Prevention of Atrocities) Act, is usually not invoked in cases registered against those employing manual scavengers, though such a provision was present.

A bench of Chief Justice Prasanna B Varale and Justice Krishna S Dixit was hearing a public interest litigation (PIL) initiated on the direction of the court based on news reports about manual scavenging in Karnataka.

The HC has adjourned the hearing to January 30 with the central and state governments expected to submit their response to the petition.

During the hearing today, advocate Sridhar Prabhu, appointed as the amicus curiae in the case to assist the court, submitted that the SC/ST Act must be invoked against the accused in such cases.

Despite the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act, 2013, the court noted that the accused managed to get away easily. It was possible only because the cases were not being handled seriously by the prosecution and government advocates.

"What action you have taken against the lawyers, your Public Prosecutors? We have conviction for very insignificant matters. But when it comes to this, where is the action? What action have you taken against the concerned substandard public prosecutors? How is it zero conviction? What is the remedy? What a travesty of justice. Why not even a single conviction? What is your framework?" it asked the government.

"Makers of the Constitution will shiver in their graves with the things we are doing," the Court observed. Voicing concern over the government inaction in such cases, the HC said, "Unless some secretary is imprisoned, nothing will improve in our State."

The amicus curiae submitted that apart from rehabilitation of those engaged in manual scavenging, technology for replacing manual scavenging should be introduced. The Advocate General, appearing on behalf of the State, said the government was in the process of securing machinery for the purpose which is being introduced.

Another PIL challenging the use of school children to clean toilets came up before the court which was clubbed with the present case. **PTI**

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CHANGE OF NAME

I, VASU ADARI, residing at flat no. 427, West Block Sumukha Tropical Garden Kodichikkanahali, Bilekahalli Bangalore-560076, have changed my name to VASUADARI SREENIVASA-RAO, vide affidavit dated 05/01/2024, sworn before notary Venkataramu H G, Bangalore.

I, Thahseen Taj wife of Babu Azeem residing at No 2751/1, sonappa block opp junedia masjid DJ Halli Bangalore - 560045 have changed my name to Thaseen Taj vide affidavit dated 6.1.2024 sworn before notary Leela Bangalore

I, GAYATHRI DEVI BRAMHA PRAKASHARADHYA, residing at No.107/1, 2nd Main Road KGS Layout Vijayanagar Bengaluru – 560040, have changed my name to GAYATHRI BRAMHA ARADHYA, vide affidavit dated 06/01 /2024, sworn before notary Venkataramu H G, Bangalore

I, Veena T, R/a 166, 4th Cross, White City Layout Phase 01, Seegehalli, bangalore 49. I have changed my Minor son name from Nishith Mouli Reddy Yanagareddy to Nishith Mouli Reddy Yangareddy. vide affidavit dtd 08-01-24. Sworn before notary N Mahesha Bangalore

I, Durgadevi Murugaiyan w/o Lakshmikanthan Gowrishanker R/o B-105, Aishwarya A Gate Apartment, # 18/2, 13th Cross, JP Nagar 1st Phase B'luru-560078 have changed my name to Durgadevi Lakshmikanthan vide Affidavit Dt: 08/01/2024 Before notary B S Padmaprasad B'luru.

I, SIREESHA, residing at No.743/1, 1st Floor, 5th Main Raghavendra Block, BSK 3rd stage, Bengaluru - 560050, have changed my name to SIRISHA vide affidavit dated 06/01 /2024 sworn before notary Venkataramu H G, Bangalore.

I Chandrashekhara Hanuman - thappa S/o Hanumanthappa R/o No 3277, Kote Beedi, nelamangala Town, Bengaluru Rural 562123 have changed my name to Chandrashekar Hanumanthappa for all purposes.

I ANIL SHETTY, S/o Nagayya Charmakki, R/o No 21/6, Craig Park Layout, M G Road, Bengaluru 560001 have changed my name to ANIL NAGAYYA SHETTY for all purposes.

I, Daya Thapa D/o Bharat Bahadur Thapa r/o no 1241 Top floor,4th main road,4th cross,B TM 4th stage,1st block,Bangalore south Bengaluru,Karnataka 560076,have changed my name and shall hereafter be known as Advita Aadarsh Thapa

I, ROBI CHETRI S/o Bhuban Chetry R/o.No.43, Krishvi Sai Deesha Apts, Kasturba road cross, Bengaluru 560001 have changed my name to RABI CHETRY affidavit Dt.08/01/2024 notary Harisha G, B'luru

I, MAMATHA ARUN GOWDA R/O Muneshwara Nagar herohalli B'lore 91 have changed my name to MAMATHA RANGA SWAMY vide Affidavit dt. 06.01.2024 sworn before notary Mr. C Srinivas Bengaluru.

I Kashipathi Narendra Kumar Aishwarya W/o Nagakarthik D Res 104 Gandhi Chowk Hospet Vijayanagara 583201 have Changed My Name To Aishwarya Karthik Doddamani for all purposes.

I, Kamlesh Kumar Ajmera S/o Kanakray G Ajmera R/o 1141, Prestine Westwood, near Minerva mill compound, Gopalapura, Bengaluru 560023 have changed my name to KAMLESH AJMERA affidavit Dt.08/01/2024 notary Harisha G, B'luru

I, Khush Pramod Bhartiya S/o, Pramod Rajkumar Bhartiya R/o No 202,317/1 Encore 8th Cross 20th Main Koramangala 8th Block Bangalore 560095 have changed my name to Khush Bhartiya for all purposes.

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I, Sadik Davalasaheb Sotakanal S/O, Davalasaheb Sotakanal R/o M 0095 , Brigade Bricklane Apts Agrahara Layout, Kogilu Main Road, Jakkur, Bangalore-64 have changed my name to Sadik Sotakanal for all purposes.

I, Kumari Bharti Jha D/o Balram Jha R/o Flat No. 003 RR Sankalp Apartment JR Layout, Harlur,Bengaluru,Karnataka,5 60102 have changed my name to Bharti Jha for all purposes.

I Nisha Kothari W/O, Vishwas Surana R/o 12/8, Yamuna Bai Road Madhavnagar Bangalore 560001 have changed my name to Nisha Surana . Vide Affadavit number dated 16-06-2023 Sworn before notary L Veena Blore 560091

I Chavan Jyoti Umaji W/O, Vinod Biradar R/o #1723, Bda Layout, Doddabasti Kengeri Bangalore Karnataka India 560056 have changed my name to Jyoti Chavan.

I Ranganatha Dixit S/o Umesh Dixit, R/at # 452/1,3rd Main, 6th Phase, Hosakerehalli, BSK 3rd stage,B'luru 560085 have ch -anged my name to Ranganath Dixit for all purposes

I, Devikala Manoharan W/o Selvakumar.N R/o #702,17th C Main 6th Block Kormangala Blr-95 have changed my name to Devikala Selvakumar for all purposes.

I, Anandakumara S/o Nagesh T R/o 144, 1st floor, 7th cross, 10th main, Akshayanagar, Bangalore South, Karnataka –560068, have changed my name to Anand Kumar N T.

LOST & FOUND

Lost Document

I, Shakthivel Pachaiyappan, r/at No. 210, GPK Layout, 3rd Cross, 10th Main, Hosapalya Main Road, Bangalore have lost my Original document of my Property bearing No. 88, situated at Tamil Nadu, Tirupatur Taluk & Village, registered at Tirupatur Sub Registrar document bearing No. 10375/2014 Date: 21.11.2014. Police complaint given vide Lost Report No. 0878945/2024 dt. 06.01.2024. If any one finds please call 8880277713.

Entire footpaths missing in Whitefield

CONTINUED FROM PAGE 1

I came across a few BMTC buses taking the right turn at this place. It will be dangerous for pedestrians to walk on the road as the drain-cum-footpath is not covered with concrete slabs," said Murthy.

Somasekhar N, a pedestrian, said the sub-standard quality of work, and failure of the BBMP engineers to inspect developmental works in progress, are the reasons for the pitiable condition of the footpaths.

"What is to be done if the footpaths do not hold the weight of pedestrians. A stretch of the footpath along the compound wall of HAL property has caved in…BBMP authorities must fix the footpath as early as possible for the benefit of hundreds of pedestrians who depend on it to reach the nearest BMTC bus shelter," he said.

Another case in point of a dangerous spot is near Tubarahalli on Whitefield Road — a storm water drain-cum-footpath that sans concrete slabs. It seems the storm water drain department has forgotten about the existence of the drain after removing the concrete slabs to facilitate removal of silt from the drain.

"The condition of the footpath between Tubarahalli and Siddapura is deteriorating. The BBMP engineers of major roads and storm water drains are not inspecting the condition of the drain-cum-footpath, not even once in a month.

Most of the pavers are missing at many stretches of the footpath. Hanging cables are another menace for the pedestrians here," said Sateesh Reddy, a resident of Tubarahalli.

Meanwhile, BBMP assistant executive engineer (major roads) Muniyappa said he would depute staff to visit the spot. "We have already taken up improvement of the footpath wherever it is necessary. I will look into the matter. The problem will be fixed soon," the engineer said.

HEALTH TIP: Biotin helps in lowering sugar levels, especially for those with type 2 diabetes

Oatmeal is rich in biotin and can provide endless health benefits if eaten regularly

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Why are my muscles sore after exercise?

Hint: it's nothing to do with lactic acid

As many of us hit the gym or go for a run to recover from the silly season, you might notice a bit of extra muscle soreness.

This is especially true if it has been a while between workouts.

A common misunderstanding is that such soreness is due to lactic acid build-up in the muscles.

Research, however, shows lactic acid has nothing to do with it. The truth is far more interesting, but also a bit more complex.

It's not lactic acid

We've known for decades that lactic acid has nothing to do with muscle soreness after exercise.

In fact, as one of us (Robert Andrew Robergs) has long argued, cells produce lactate, not lactic acid. This process actually opposes not causes the build-up of acid in the muscles and bloodstream.

Unfortunately, historical inertia means people still use the term "lactic acid" in relation to exercise.

Lactate doesn't cause major problems for the muscles you use when you exercise. You'd probably be worse off without it due to other benefits to your working muscles.

Lactate isn't the reason you're sore a few days after upping your weights or exercising after a long break.

So, if it's not lactic acid and it's not lactate, what is causing all that muscle soreness?

Muscle pain during and after exercise

When you exercise, a lot of chemical reactions occur in your muscle cells. All these chemical reactions accumulate products and by-products which cause water to enter into the cells.

That causes the pressure inside and between muscle cells to increase.

This pressure, combined with the movement of molecules from the muscle cells can stimulate nerve endings and cause discomfort during exercise.

The pain and discomfort you sometimes feel hours to days after an unfamiliar type or amount of exercise has a different list of causes.

If you exercise beyond your usual level or routine, you can cause microscopic damage to your muscles and their connections to tendons.

Such damage causes the release of ions and other molecules from the muscles, causing localised swelling and stimulation of nerve endings.

This is sometimes known as "delayed onset muscle soreness" or DOMS.

While the damage occurs during the exercise, the resulting response to the injury builds over the next one to two days (longer if the damage is severe). This can sometimes cause pain and difficulty with normal movement.

The upshot

Research is clear; the discomfort from delayed onset muscle soreness has nothing to do with lactate or lactic acid.

The good news, though, is that your muscles adapt rapidly to the activity that would initially cause delayed onset muscle soreness.

So, assuming you don't wait too long (more than roughly two weeks) before being active again, the next time you do the same activity there will be much less damage and discomfort.

If you have an exercise goal (such as doing a particular hike or completing a half-marathon), ensure it is realistic and that you can work up to it by training over several months.

Such training will gradually build the muscle adaptations necessary to prevent delayed onset muscle soreness. And being less wrecked by exercise makes it more enjoyable and more easy to stick to a routine or habit.

Finally, remove "lactic acid" from your exercise vocabulary. Its supposed role in muscle soreness is a myth that's hung around far too long already.

(By Robert Andrew Robergs and Samuel L Torrens, Queensland University of Technology, The Conversation)

All you need to know about...

Migraine effect

Variations in blood flow in the retina
A new study has discovered that variations in blood flow in the retina may explain why certain migraine patients have visual disturbances.

Visible marker can aid treatment
The findings may provide a long-awaited visible marker for migraines that doctors may use to aid in the medical treatment of the condition.

Symptoms not well understood so far
While patients with migraines often experience symptoms such as pain around the eye, sensitivity to light, blind spots and visual blurring, the mechanisms behind those symptoms have not been well understood.

Imaging technique
UCLA Health researchers used a non-invasive imaging technique, known as optical coherence tomography angiography, or OCTA, to visualize changes in the retinal blood vessels of migraine patients both during and between migraine attacks. The imaging was performed on 37 migraine patients with aura symptoms, 30 migraine patients without aura symptoms and 20 healthy patients for a control group.

Blood flow around retina
Researchers found that blood flow decreases in the retina during migraine attacks for both migraine patients with and without aura symptoms. However, patients with aura symptoms were found to have lower blood flow in certain areas of the retina compared to patients without aura symptoms. Additionally, asymmetrical blood flow in the retinas was also correlated with which side of the head migraine patients experienced pain. The findings could indicate why some patients experience visual symptoms and may represent a biomarker for migraine attacks. **—ANI**

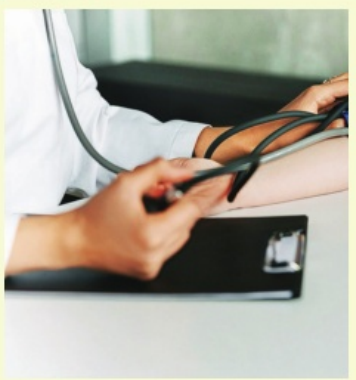
MIRRORLIGHTS

Some lifestyle steps to manage blood pressure during winter

Medical experts believe that winter brings along unique challenges, especially for those concerned about their blood pressure. Such cold temperatures can influence one's cardiovascular health. To top it all, certain lifestyle mistakes may unwittingly contribute to a spike in blood pressure. "In winter there is constriction of blood vessels, which can increase BP in hypertension patients. This worsens by spending more time in bed in winter. These weather-related variations in blood pressure is more in age groups above 65 years. Lowering systolic BP by 10-12mmHg, diastolic BP by 5-6mmHg causes relative risk reductions of 35-40% in stroke,12-16% for coronary heart disease within 5 years of initiation of treatment," explains Dr. T. Radhakrishna, Senior Consultant, Internal Medicine, Fortis Hospital, Richmond Road, Bangalore.

Understanding and sidestepping these common pitfalls is essential for maintaining overall well-being during the winter months. The following lifestyle modifications are followed to manage hypertension.

Weight reduction: To control hypertension weight reduction helps. Attain and maintain the ideal BMI.



Diet: Salt reduction recommended level is 6g/day. Adapt to DASH type dietary plan. Diet rich in fruits, vegetables and low-fat dairy products with reduced saturated and total fat. Also diet rich in potassium, calcium, magnesium.

Moderation of Alcohol is the key to managing blood pressure levels.

Physical activity: Regular aerobic activities like brisk walking for 30 mins/day is highly recommended.

Wear warm clothing in winter: Navigating the winter season with a focus on cardiovascular health requires mindfulness and proactive lifestyle choices.

— by Kayalvizhi Arivalan, Femina

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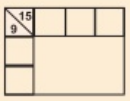
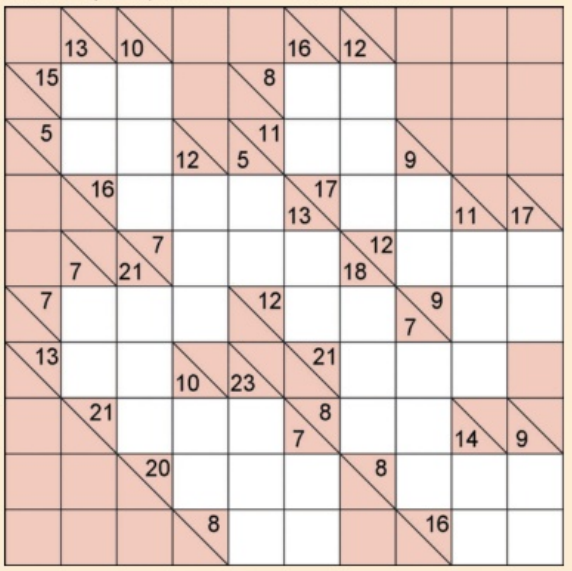
@BangaloreMirror

Kakuro

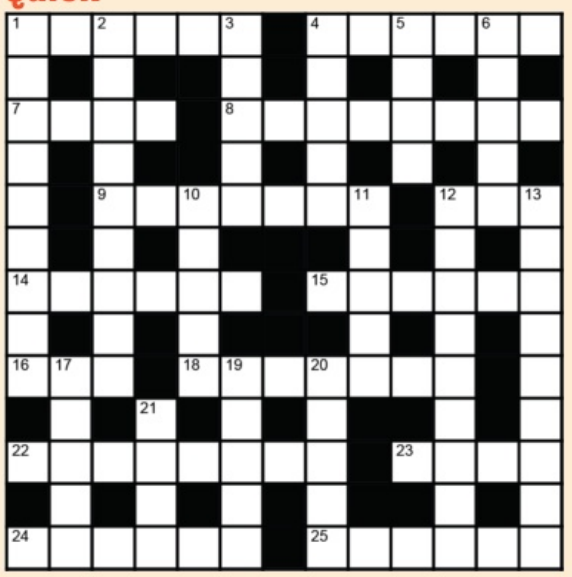
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Ski race (6)
4 Not firm; limp (6)
7 A speech disorder (4)
8 Rejection, nonacceptance (4-4)
9 Gave as a grant; gifted (7)
12 Comparative ending ? (3)
14 Pool of rainwater (6)
15 Climbing move (6)
16 Pet name for Thomas (3)
18 Distress greatly (7)
22 Spilling the beans (8)
23 The short tale of a rabbit or hare (4)
24 A percussion instrument? (6)
25 Cultivated the land (6)

DOWN

1 Area famous for its invitation card shops (9)
2 Dutch city (9)
3 Underground rail system (5)
4 Smithy (5)
5 A military assistant (4)
6 Singer David ___ (5)
10 Wide river-mouth (5)
11 Ex-India P.M. (5)
12 Just the same (9)
13 Withdrew, fell back or rescinded (9)
17 Female organ of reproduction (5)
19 Gathered edging (5)
20 Illumination (5)
21 Wound inflicted with knife (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS G

JD UJAJDU OXAJES, BSSC FY NSZT, DYF TZSOBS, IYHG KGJSDX.

Linemaro

Your toes are perfect

Mindchow

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship

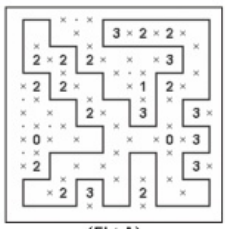
Joke of the day

My iPod sits at home sullen and frustrated and underused, like a wife who gave up her career and the kids turned out to be brats

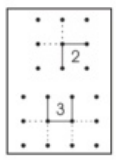
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

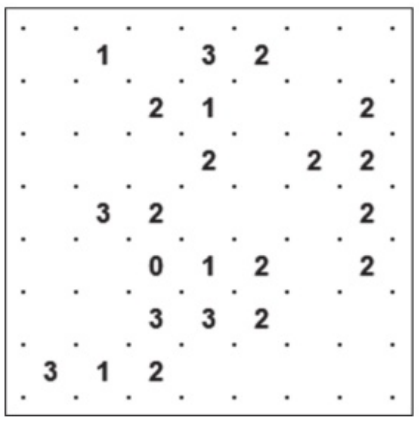


(Fig B) Not Allowed

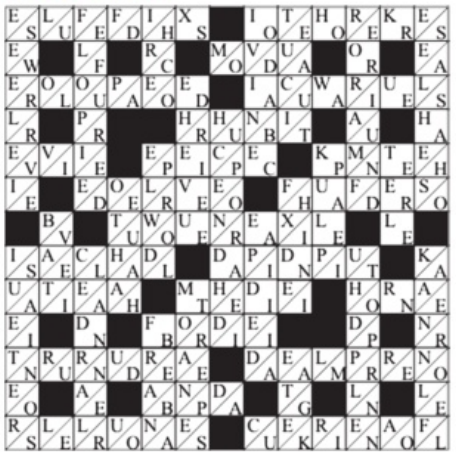
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



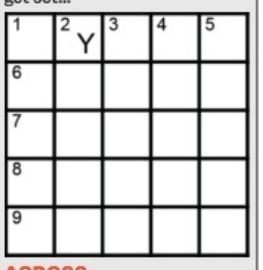
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Tiny G; 6 Orals; 7 Am Aga; 8 Miser; 9 Scrap

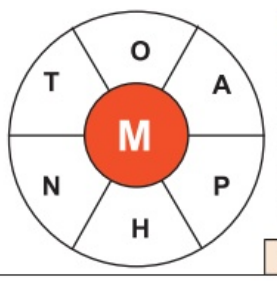
DOWN

1 Trass; 2 Icy go; 3 Lamia; 4 Reman; 5 Prags

Mensapuzzle

Find two words, both reading clockwise round each circle. You must find the starting point of each word and provide the missing letters. The two words form a phrase.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

9				8	3			6
			9	6				
		1			5	9		
3		2					7	
8	4			1			6	9
	7					5		2
		8	6			2		
				5	9			
6			1	7				8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

6 7 7 8

Medium = 21

1 3 6 9

Hard = 57

1 7 9 5

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Purse is missing. 2. Hat is moved. 3. Leg is moved. 4. Sign is smaller. 5. Collar is different. 6. Window is not as wide.

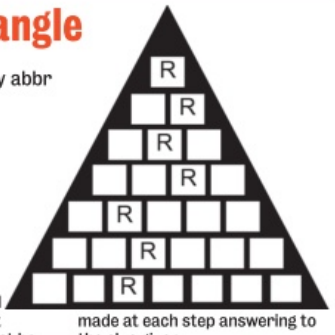
Riddler

When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Belonging to him -> Exists
2. Time interval -> Belonging to us
3. Sharpen; improve -> A number
4. Stature; altitude -> A number

Alpha triangle

1 18th letter
2 Augmented Reality abbr
3 Museum topic
4 Wagon
5 Native of Zagreb
6 Red root
7 Boxes



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

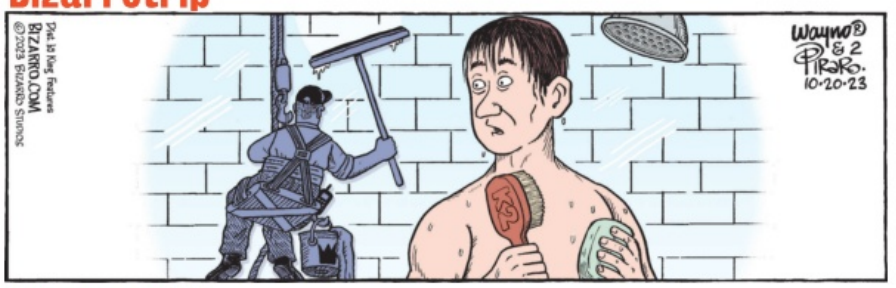
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

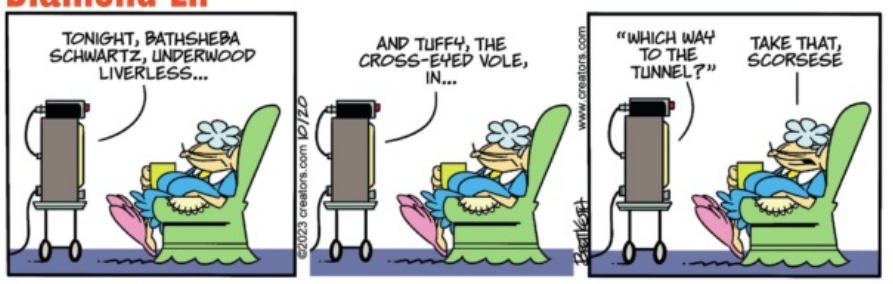
Redeye by Mel Casson

THEY'RE CHARGING, REDEYE! HUNDREDS OF THEM!
I'LL TAKE CARE OF IT!
DON'T COME ANY CLOSER, YOU BIG COWARDS, OR...
10-6
LOOK AT 'EM RUN! HOW DID YOU DO THAT?
GARLIC BREATH

Bizarrotrip



Diamond Lil


TONIGHT, BATHSHEBA SCHWARTZ, UNDERWOOD LIVERLESS...
AND TUFFY, THE CROSS-EYED VOLE, IN...
"WHICH WAY TO THE TUNNEL?"
TAKE THAT, SCORSESE
www.creators.com

Hart of the city

WE ALL NEED TO SLOWLY AND SAFELY HEAD TO THE BASEMENT.
I HOPE I GET TO SEE THE TORNADO DESTROY SOME STUFF, LIKE IN THE MOVIE "TWISTER."
I DON'T THINK THERE ARE WINDOWS DOWN HERE, THOUGH.
RUIN MY DREAMS, WHY DON'T YA?

Crankshaft

JUST FOR A MOMENT THERE, IT LOOKED LIKE CRANKSHAFT WASN'T GOING TO SET HIS CHIMNEY ON FIRE...
AND THAT I WAS GOING TO HAVE TO RETHINK MY ENTIRE THEORY OF HOW THE UNIVERSE WORKED!
ENG-2
911
BATIUK & DAVIS

Mutts

WOW! THERE'S A FRENCH BULLDOG! A SIBERIAN HUSKY! AN IRISH SETTER! A CHINESE SHAR-PEI!
GEE, MOOCH- WHERE DO YOU THINK WE ORIGINATE FROM?
INDIA INK.
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may make decisions very quickly, which may have benefits in your day-to-day life. You may make some difficult decisions with the help of your colleagues, and you are likely to achieve success easily. Property-related disputes between siblings are likely to be resolved. You may also expect some short trips.

Taurus Apr 21 – May 20
Today, you were advised to control your straightforwardness; your loose talk may affect people around you. You may spend your hard-earned money on buying some worthless stuff. Your mind is likely to work very fast; it is advised to make any important decision with patience.

Gemini May 21 – Jun 21
Today, you are blessed by the moon. The last couple of days of disappointment may now be converted into happiness. You may enjoy your professional and personal life, and your network may help you complete your postponed projects. You are likely to start some new venture with the help of your siblings, and your network may support you in every step.

Cancer Jun 22 – July 23
Today, you may feel negativity around you. You may feel impatient. Focus on goals is likely to be lost. Your grip on your projects is likely to slow down, which may be a reason for a loss in business or work. You may also notice some detachments from your responsibilities, which may affect your day-to-day routine.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, and new sources of income are likely to open. Your past investments will now start paying off in terms of profits. Your losses will be converted into profits, which will boost your financial health. Health issues related to parents may be resolved.

Virgo Aug 24 – Sep 23
Today, you can implement your business plans with the help of your strong network. You may get a big order with the help of wisdom. There may be a good understanding between you and your spouse, which may increase harmony in your domestic life. Love birds may enjoy their happy moments.

Libra Sep 24 – Oct 22
Today's messy situation is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get rewarded for your hard work. There are some gains in your business that may boost your finances. You may spend money on artefacts or literature. You may also plan for overseas travel.

Scorpio Oct 23 – Nov 22
Today, you may not feel well; you might have health issues, which may affect your profession and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects; otherwise, you may face losses. Students are advised to avoid fantasy and should work hard in their studies.

Sagittarius Nov 23 – Dec 22
Today you are blessed by the moon; you may be able to make quick decisions on the professional front. You may expect to get new opportunities in terms of business, which may boost your confidence level. You are likely to start some new innovations with the help of your partner, which may increase your business in the near future.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon, you may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the boss may be boosted now. Chronic health issues will be resolved now, which may make your family happy.

Aquarius Jan 21 – Feb 19
Today things will be under control, you will enjoy your work, and your focus will be good, which will reflect in your way of working. Your wisdom will help you make difficult decisions in your profession. Your past investments will start paying now.

Pisces Feb 20 – Mar 20
Today, you may be disappointed with the current position at work or home. You may not enjoy your moment. You may spend your hard-earned money on buying some worthless stuff, which may affect your savings. You are likely to plan for migration from your current place. You are advised to take care of your parents' health.

KIDZONE

Kiansh P Chatlani, 6 years, Canadian International School

Parisha R, 6 years, Immanuel English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(1+(10*100)-1)/10
(10*100)/10
100

RIDDLER
1. His -> is,
2. Hour -> our,
3. Hone -> one,
4. Height -> eight

FAST FIVE

S	C	A	R	P
R	I	M	E	S
A	G	A	M	A
S	O	L	A	R
T	Y	I	N	G

BULL'S EYE
atom, math, moan, moat, month, moth, PHANTOM, tamp

STRIKE OUT

QUICK

MENSA PUZZLE
ABSOLUTE MAJORITY

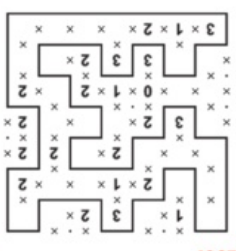
QUOTE UNCODE
In giving advice, seek to help, not please, your friend.

SUDOKU

9	2	7	4	8	3	1	5	6
5	8	3	9	6	1	7	2	4
4	6	1	7	2	5	9	8	3
3	9	2	5	4	6	8	7	1
8	4	5	2	1	7	3	6	9
1	7	6	3	9	8	5	4	2
7	1	8	6	3	4	2	9	5
2	3	4	8	5	9	6	1	7
6	5	9	1	7	2	4	3	8

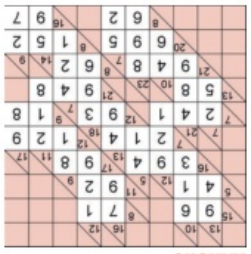
ALPHA TRIANGLE
R, Ar, Art, Cart, Croat, Carrot, Cartons.

LOOP



GO FIGURE
Easy
8 - 7 + 7 - 6 = 2
Medium
3 x 9 x 1 - 6 = 21
Hard
7 x 9 - 5 - 1 = 57

KAKURO



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Cake-cutting Actress Deepika Padukone, who celebrated her 38th birthday on January 5, was spotted at the airport departure on Monday along with her husband, actor Ranveer Singh, and was seen cutting a cake brought by a paparazzo

No trouble in this paradise

Bollywood's beloved couple Arjun Kapoor and Malaika Arora who often set relationship goals for their fans, made headlines when rumours suggested that they have parted ways. Now, as per the latest report of Hindustan Times, the couple never had any trouble in their love paradise, and are going strong.

A source close to publication revealed that these reports are "bizarre and a figment of someone's imagination'. The report further stated the rumours just came up from nowhere. When people see that they are posting some solo stuff, they come to the conclusion that they have parted ways.

Recently, the couple attended the wedding festivities of their friend, photographer Karishma Karamchandani.

— ETimes

Feedback welcome, trolls not

You can't get too carried away by either praise or hate, says actor Ananya Panday, who is earning rave reviews for her performance in "Kho Gaye Hum Kahan", a film she describes as a relevant story that captures the impact of social media on youth.

Panday, who made her movie debut with 2019's "Student of the Year 2", has often been targeted by online trolls for her comments, fashion choices and sometimes, just for hailing from a film family.

The 25-year-old daughter of actor Chunky Panday said she has been vocal about people expressing themselves and learning from their mistakes. She believes whatever she has experienced since she became an actor has contributed to her growth. "If I hadn't been exposed to those emotions, I would probably not be able to perform a certain way. So I'm grateful for whatever's happened because I have been allowed to express myself through my work. And, some criticism is actually helpful and important feedback. Obviously, you have to block out the mindless trolling," Panday told PTI in an interview.

Asked about the praise that has come her way, the actor said she has learned to take all feedback in her stride. — PTI

GLOBE TROTTERS

5 Globes for 'Oppenheimer'; 'Succession' gets four

'Oppenheimer' ruled the 81st Golden Globe Awards on Sunday (U.S. Pacific Time) just as it once loomed large at the summer box office, writes 'Variety'.

The sprawling examination of J. Robert Oppenheimer racked up five wins, the most for any movie, including the Globes for best motion picture drama. 'Poor Things', a feminist reimagining of the Frankenstein tale, was named best motion picture, musical or comedy. On the TV front, 'Succession', a look at a Murdoch-esque media mogul and his dysfunctional family, won a leading four prizes, including best drama series. The show ended its four-season run in May 2023.

'The Bear', the story of a Chicago restaurant struggling to keep its doors open, earned three prizes, including best comedy series and best leading actor and actress in a musical or comedy for Jeremy Allen White and Ayo Edebiri.

'Beef', a dramedy about the aftermath of a road rage incident, also won three Globes -- it was named best limited series, while picking up acting prizes for Ali Wong and Steven Yeun.

'Oppenheimer' director Christopher Nolan won best director. Cillian Murphy, who played the brooding scientist at the centre of the film, was named best actor in a drama. The film also was honored for its atmospheric score, adds 'Variety'.

Lily Gladstone received best female actor in a drama for playing an Osage woman who is targeted for her oil wealth in 'Killers of the Flower Moon'.

She noted that the recognition was a historic moment for the indigenous community. — IANS

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Two tales

Satish Kumar debuts as an independent director in Sandalwood with Jotheyagiru. Prior to this, Satish has worked as associate director for Ajaramara and Naanobbane Ollevnu. The trailer and two songs of Jotheyagiru were launched recently.

"I wrote the script for this movie based on a true story of my friend that took place in 2004. I added a friendship track to the script. This movie has two parallel stories. One of the stories is about how a missed call makes a girl and boy fall in love. The other story is about what happens if a youth falls in love with a girl who gives importance to money," said Satish.

The movie was shot in Bengaluru, Kalasa, Sakaleshpur, Kundapur, and Kanakapura. It has got a UA certificate. It is bankrolled by the director's friends under the Renu Movies banner. "Venkatesh Hegde and Rashmi Gowda are paired in one of the stories while Sunil Kanchan and Pooja Achar are paired in the other," the director said.

Venkatesh said he is playing the lead role for the first time. "My love story begins in the movie with a missed call," said Venkatesh.

Rashmi Gowda said she worked at a software company and also did anchoring for some events. "I play the female lead in one of the two stories," she said.

Global outlook

Sahadev Kelvadi, a writer, director, and cinematographer, is excited about the support received from Killjoy Films. It is said that it is for the first time Killjoy Films evinced interest to be a co-producer for a Kannada movie. Kelvadi, who makes debut as a director in Sandalwood with Kenda, said he is very happy with having Killjoy Films on board as a co-producer.

"The team members of Killjoy Films watched my maiden movie Kenda at one of the film festivals. My association with the film industry while working in the US made them curious about my maiden movie. I am very happy to have Killjoy Films on board. It will help the movie Kenda to reach out to audiences on a global platform," said Kelvadi.

He said he told the company about big-budget and successful Kannada movies.

Recognised as a promising director in Kannada cinema, Roopa Rao, has transformed into a producer with Kenda, an Indo-German Production under Ameyukti Studios & Killjoy Films.

The team of Kenda said that the movie has not only passed the stringent standards set on the global platform with flying colours, but also showcases the riveting content the movie portrays.